



Roasted Steak Fries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- 1 tablespoon mccormick grill mates montreal steak seasoning
- 2 pounds potatoes red
- 2 tablespoons vegetable oil

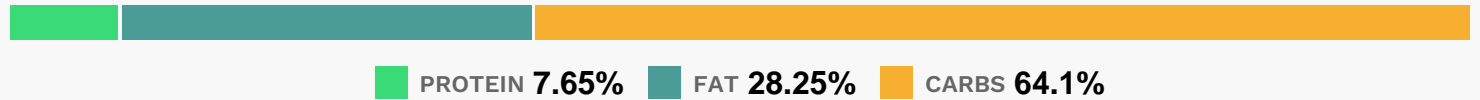
Equipment

- frying pan
- oven

Directions

- Cut potatoes into 1- to 1 1/2-inch wedges.
- Combine potatoes, oil, and seasoning, tossing to coat.
- Place potato mixture in a single layer on a lightly greased 17- x 12-inch jelly-roll pan.
- Bake at 450 for 25 to 30 minutes or until potatoes are tender and lightly browned.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:7.2486956197283%

Flavonoids

Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 147.96kcal (7.4%), Fat: 4.8g (7.38%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 24.48g (8.16%), Net Carbohydrates: 21.83g (7.94%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 27.4mg (1.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Potassium: 692.51mg (19.79%), Vitamin K: 18.09µg (17.23%), Vitamin C: 13.08mg (15.86%), Vitamin B6: 0.27mg (13.29%), Manganese: 0.26mg (12.95%), Fiber: 2.65g (10.58%), Copper: 0.21mg (10.41%), Phosphorus: 93.37mg (9.34%), Vitamin B3: 1.76mg (8.79%), Magnesium: 34.76mg (8.69%), Vitamin B1: 0.12mg (8.28%), Iron: 1.34mg (7.44%), Folate: 28.14µg (7.03%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.52mg (3.47%), Vitamin B2: 0.05mg (2.83%), Vitamin E: 0.39mg (2.63%), Calcium: 21.76mg (2.18%), Selenium: 0.8µg (1.15%)